Make Your Own Delicious
Ice Creams and Sherbets
with
KNOX Gelatine

Among its many other uses, Knox Gelatine is widely used in making ice creams, ices, sherbets and other frozen dishes.

Whether frozen in the tray of a mechanical refrigerator or in a regular freezer, Knox Gelatine gives body and consistency to ice creams and helps to prevent the formation of icy crystals.

The Mousse and Parfait mixtures are easily made as they are frozen without stirring, but the ices and sherbets should be stirred frequently during the freezing process when made in a mechanical refrigerator.

These are all quite easy to make and if directions are followed carefully, good results should follow.

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CUSTARD ICE CREAM

(6 servings)

1 envelope Knox Sparkling Gelatine
1 quart milk
1 cup sugar (scant measure)
2 eggs
1 teaspoonful vanilla
¼ teaspoonful salt

Combine egg yolks, sugar and salt and gradually stir in 3¾ cups milk. Cook in double boiler until mixture coats spoon, stirring constantly. Soften gelatine in one-fourth cup cold milk. Add gelatine to hot custard and stir until dissolved. When cold, add flavoring and freeze in refrigerator tray to a mush. Remove mixture to chilled bowl, beat smooth and fold in egg whites which have been beaten until stiff. Return to tray and continue freezing.

VARIATIONS

Maple Ice Cream. Substitute a cup of maple syrup for the cup of sugar in the Custard Ice Cream recipe.

Banana Ice Cream. Halve two bananas and force through a coarse sieve. Add to the cooled custard.

Strawberry or Raspberry Ice Cream. Crush two cups berries and press through a fine sieve. Add the necessary additional sugar, stir well and add to the custard when cool. A cup of whipped cream or whipped evaporated milk may be added. Freeze as usual. Peach and other fruit ice creams are made in the same way.

PHILADELPHIA VANILLA ICE CREAM

(8 servings)

1 envelope Knox Sparkling Gelatine
¼ cup cold milk
1¾ cups scalded milk (not boiled)
1 pint cream
1 cup sugar, scant
1 tablespoonful vanilla
¼ teaspoonful salt

Scald one and three-fourths cups milk. Soften gelatine in one-fourth cup cold milk. Add to scalded milk. Add sugar and when this is dissolved, add mixture to the cream, and add salt and flavoring. Freeze, using three parts finely crushed ice to one part rock salt. Or turn into tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape. Serve with maple sauce and chopped pecans. If part of the cream is whipped and added when mixture is partly frozen, it will improve the product. Cream may be tinted a delicate green, or any color to match the color scheme of your table.

VARIATIONS

Chocolate Ice Cream. Add one square melted chocolate or three tablespoonfuls cocoa to the scalded milk.

Coffee Ice Cream. Add three tablespoonfuls finely ground coffee to the milk. Scald and strain through several thicknesses of cheesecloth, then proceed as for Philadelphia Vanilla Ice Cream.

PEPPERMINT STICK ICE CREAM

(6 servings)

1 envelope Knox Sparkling Gelatine
¼ cup cold milk
1¾ cups scalded milk (not boiled)
1 pint cream
¼ teaspoonful salt
1 cup or ¼ lb. peppermint stick candy

Scald one and three-fourths cups milk. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Add to scalded milk, dissolving the gelatine thoroughly. Add crushed peppermint candy and salt. When this is dissolved, let cool. Add mixture to the whipped cream. Freeze in tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape.

ANGEL PARFAIT

(6 servings)

½ envelope Knox Sparkling Gelatine
2 tablespoonfuls cold water
½ cup granulated sugar
½ cup water
Whites of 2 eggs, beaten dry
1 cup cream or evaporated milk (whipped)
1 teaspoonful vanilla
¼ teaspoonful salt

Boil the sugar, salt and one-half cup water to the soft ball degree (as in making boiled frosting), pour in a fine stream onto the egg whites, beating constantly. Soften gelatine in cold water. Add to the egg mixture and stir until dissolved. Stir over cold or ice water until mixture is cold and begins to set, then fold in cream and flavoring (lemon, orange or almond may be used). Turn into trays of a mechanical refrigerator and freeze without stirring.

VARIATIONS

Cherry Nut Parfait. When mixture is cool, add 1 cup canned or maraschino cherries, 1 cup chopped almonds or other nuts and 2 teaspoonfuls almond extract.

Peach Parfait. Use but one-fourth cup water and add 1 cup mashed peaches and one-fourth cup orange juice.

Raspberry or Strawberry Parfait. Add 1 cup berries, mashed and strained.

LEMON ICE

(8 servings)

1 envelope Knox Sparkling Gelatine
4 cups boiling water
¼ cup cold water
2 cups sugar
¾ cup lemon juice
¼ teaspoonful salt

Make a syrup of boiling water and sugar. Soften gelatine in cold water. Add to syrup and stir until dissolved. Add salt and lemon juice; cool and freeze. When partly frozen, stiffly beaten whites of two eggs may be added.

GRAPE JUICE SHERBET

(8 servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water
1½ cups boiling water
1 cup sugar
4 tablespoonfuls lemon juice
1 pint grape juice
1/3 cup orange juice
¼ teaspoonful salt

Make a syrup by boiling sugar and hot water ten minutes. Soften gelatine in cold water. Add to syrup and stir until dissolved. Cool slightly and add fruit juices and salt; then freeze. Serve in sherbet glasses and garnish with candied violets or fruit, if desired.

ORANGE CREAM SHERBET

(12 servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water
1½ cups sugar
1½ cups hot water
Grated rind of two oranges
1 cup lemon juice
1½ cups orange juice
½ cup sugar
¼ teaspoonful salt
2 cups cream, or evaporated milk (whipped)
2 eggs

Soften gelatine in cold water. Add sugar and hot water and stir until dissolved. Add orange rind, lemon juice and orange juice. Turn into ice cream freezer and freeze to a mush. Beat cream or evaporated milk until stiff, and add sugar and salt. Separate yolks from whites of eggs. Beat yolks until thick and lemon colored and whites until stiff, and add to cream. Turn into frozen mixture and continue the freezing.

FRUIT SHERBET

(6 servings)

1 envelope Knox Sparkling Gelatine
1½ cups sugar
½ cup orange juice
3 cups rich milk
¼ cup lemon juice
¼ teaspoonful salt

Grate the outside of both orange and lemon. Squeeze out the juice and add the salt and sugar to this. Soften gelatine in one-fourth cup cold milk. Place dish over boiling water and stir until gelatine is dissolved. Add this to the rest of the milk and turn into ice cream freezer. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired.

FRUIT MOUSSE

(8 servings)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
1½ cups fruit pulp
2 cups cream or evaporated milk (whipped)
1 tablespoonful lemon juice
½ cup powdered sugar
¼ teaspoonful salt
½ teaspoonful vanilla, if desired

Soften gelatine in cold water. Place dish over boiling water and stir until gelatine is dissolved. Mix with fruit pulp which has been drained of juice and sprinkled with powdered sugar. Fold in whipped cream or whipped evaporated milk. Add salt, lemon juice and vanilla and turn into mold, having mixture overflow mold. Adjust cover. Pack in ice and salt for three hours and unmold. Or, turn mixture into trays of mechanical refrigerator. When making Orange Mousse, add grated orange rind from one orange. Small baking powder boxes may be used for molds in which Mousse is frozen.

FREE! Mrs. Knox's brand-new recipe book. Contains 12 beautiful color photographs of delicious dishes and more than 90 tested recipes. Write to Mrs. Charles B. Knox, Dept. I. C. Johnstown, New York, for your copy.

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